



March Garden Fresh Vegetable Cabbage



Cabbage Nutrition

- Very good source of Vitamins B6, C & K
 - Vitamin B6 is one of 8 B vitamins, which help convert carbohydrates into glucose to fuel your body
- Good source of Thiamin, Calcium, Iron, Magnesium, Phosphorus, & Potassium

In The Garden

In March students will be harvesting gorgeous green cabbages from the school garden! The seedlings were planted at the beginning of February in soil amended with compost. Cabbage plants are “heavy feeders” so students added a healthy scoop of organic fertilizer at the time of planting and we continued fertilizing every two weeks. Cabbage is easy to grow, but requires full sun, plenty of water, and a lot of space to produce the large heads our students will be harvesting and tasting. March is also an exciting planting time! A wide variety of tomatoes, including many of our favorite Texas Heirloom selections like Cherokee Purple, Brandywine, Black Plum, and Yellow Pear will be planted early in the month in tomato cages wrapped with frost cloth to protect them from cool nights and wind.

Happy Gardening!



Garden Lady, Stephanie Baker

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Cole Slaw

Makes 8 servings

Ingredients:

- ½ tbsp granulated sugar
- ¼ cup white vinegar
- ½ tsp celery salt
- ¼ tsp black pepper
- ¼ cup extra virgin olive oil
- 1 head of cabbage, shredded

Directions:

1. Mix the first 5 ingredients together in a small bowl using a whisk until evenly distributed
2. Wash, clean, core, & finely slice the cabbage
3. Place the shredded cabbage in a large bowl
4. Pour the dressing on top of the cabbage
5. Using tongs (or clean hands) mix to coat all of the lettuce
5. Refrigerate and serve